

Amendments to the Specification:

Please replace the paragraph beginning at page 2, line 27 with the following rewritten paragraph:

In a first aspect the invention provides a method for improving muscle synthesis comprising administering to an individual a therapeutically effective amount of a composition which comprises: (i) a protein source which provides at least about 8% and preferably at least about 10% total calories of the composition and which includes at least about 50% by weight of whey protein; (ii) a lipid source having an omega ~~3:66:3~~ fatty acid ratio of about 5:1 to about 10:1 and which provides at least about 18% of the total calories of the composition; (iii) a carbohydrate source which provides the remaining calories of the composition; and (iv) a balanced macronutrient profile comprising at least vitamin E and vitamin C.